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USE THE DARKER FLOURS  
FOR GREATER VARIETY

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The darker flours and meals from different grains -- wheat, rye, corn, oats, and flours made of mixtures -- contain to a somewhat varying degree, more of the minerals, vitamins, and bran or outer husk of the grain, than do highly milled flours and breadstuffs. Whole grain wheat contains a moderate amount of protein and a fair supply of phosphorus, iron, and other minerals, as well as considerable vitamin B and some of vitamins A, E, and G. Other whole grain cereals contribute some of these food substances and aid digestion and elimination by furnishing roughage.

Even without the excuse of increased food value, the darker flours have their place in the menu for the sake of variety. The family gets tired of plain white loaf bread, rolls or biscuits day after day. Without much extra work it is easy to change the kind of flour or meal in the breadstuffs and also the form in which they appear on the table. For instance, the Bureau of Home Economics of the U. S. Department of Agriculture suggests that one might have graham muffins, oatmeal bread, steamed Boston brown bread, corn pones, Sally Lunn, rye bread and other yeast raised breads, or buns and cookies made of any of the darker flours.

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